

## MENS – Mental European Network of Sport Events



### DURATION

January 2017 – June 2018 (18 months)

### ABSTRACT

MENS project aims to develop strong institutional procedures for the specific contribution of sports and physical exercise to the prevention, therapy and rehabilitation of the mental illnesses at European level.

Due to four key reasons these procedures are currently in nil to low:

1. The stigma is still associated with current therapeutic procedures and intervention;
2. The lack of widespread documentation of the importance and effects of sports in mental illnesses;
3. The lack of health professionals' expertise in integrating sports activities in the current treatments;
4. The absence of specific cross-sectoral policies to encourage the integration of sports activities in the rehabilitation processes of the mental patients.

### OBJECTIVES

It aims to:

- develop a documented and evidence based approach of the use of sports and physical exercise in the treat of mental illness;
- establish a European Mental Health Sports Network
- raise awareness on the necessity of a new specific approach on the conjunction of Sport with Mental Health within an EU wide Awareness Campaign

### ACTIVITIES

















1. Development of a documented and evidence based approach of the use of sports in the treat of mental illness;
2. Establishment of a European Mental Health Sports Network
3. Launch of a EU wide Campaign to raise public awareness on the necessity of a new specific approach to link Sport with Mental Health

### CONTACTS IN COOSS

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## PARTNER

## LOGOS

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University of Kent (UK)	
COOSS Marche (IT)	
INTRAS (ES)	
EUFAMI (BE)	
Sporium Sport Club- Golbasi (TR)	
Olimpikas (LT)	
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Rijeka Sports Association for persons with disabilities (HR)	
Fondazione Hallgarten Franchetti Centro Studi Villa Montesca (IT)	
ANARP (PT)	
FIRST FORTNIGHT (IE)	
Merseyside Expanding Horizons (UK)	
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